

Chronic Disease Indicators: Indicator Definition



Television viewing among youth

Category:	Physical Activity and Nutrition
Demographic Group:	Students in grades 9–12.
Numerator:	Respondents in grades 9–12 who report watching television for 2 or fewer hours on an average school day.
Denominator:	Respondents in grades 9–12 who report watching television for any number of hours, including zero, on an average school day (excluding those who did not answer).
Measures of Frequency:	Annual prevalence with 95% confidence interval.
Time Period of Case Definition:	Average school day.
Background:	In 2003, 38% of students in grades 9–12 watched television for ≥ 3 hours on an average school day.
Significance :	Excessive television watching is associated with overweight and physical inactivity among children. Certain children are less physically active than recommended, and physical activity declines during adolescence. Physical activity reduces the risk for heart disease, cancer, stroke, osteoporosis, and type 2 diabetes.
Limitations of Indicator:	Indicator does not capture time spent with computers and hand-held games. However, computers and hand-held games require more activity than watching television. Studies indicate that children are more likely to eat while watching television.
Data Resources:	Youth Risk Behavior Surveillance System (YRBSS). http://www.cdc.gov/yrbss/
Limitations of Data Resources:	As with data from all self-reported sample surveys, YRBSS data might be subject to systematic error resulting from noncoverage (e.g., no participation by certain schools), nonresponse (e.g., refusal to participate in the survey or to answer specific questions), or measurement (e.g., social desirability or recall bias).
Healthy People 2010 Objectives:	22-11: Increase the proportion of adolescents who view television ≤ 2 hours on a school day.